



AFTERSCHOOL PROGRAMS: Fun Physical Activity



NAME OF ACTIVITY: "A" my name is...

GRADE LEVEL: K-2

EQUIPMENT

- 1 ball per student

SKILL THEMES

- Dribbling
- Alphabet reinforcement

MOVEMENT CONCEPTS

- Effort (time, force)

ORGANIZATION

- Students are scattered in activity area, each with a ball.

DESCRIPTION

- On signal, the students bounce the ball and say the rhyme:
 - "A" my name is _____. (A name starting with that letter).
My friend's name is _____. (Again, the same letter).
We come from _____. (A place beginning with the same letter).
And we sell _____. (An item to sell beginning with the same letter).
 - "B" my name is _____.
○ Continue through the alphabet.

TEACHING SUGGESTIONS

- Allow students to use 2 hands if necessary, but encourage progressing to only one.
- There is no elimination for mistakes; just keep going.
- Work toward looking up and not at the ball.

NOW TRY THIS

- When the students say the letter of the name/place/thing, they lift up one leg and bounce the ball under that leg.
- Do the same thing, but add a clap, or a 360° turn, or even create their own move.



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